

RECOVERY CONNECTION

Produced by Community Support Services, Inc.

Spring 2010

WHAT IS CPST? WHAT IS A CRS?

One of the core services offered by Community Support Services is Community Psychiatric Supportive Treatment (CPST). CPST is the term used by Community Support Services to describe case management services.

The agency refers to the case management staff as Community Rehabilitation Specialists (CRS). Your assigned CRS assists you in the recovery process with an emphasis on identifying your strengths, needs, abilities, and preferences. At the beginning of your treatment and, at least, every six months, the CRS will meet with you to review your treatment plan. Through this process, you and the CRS will develop goals. This serves as your road map to recovery.

As an agency, Community Support Services provides recovery and rehabilitation based services. One of the main duties of your CRS is to assist you to learn or relearn skills necessary for you to live a satisfying and contributing life.

Your CRS has been encouraged to help you learn to complete tasks as independently as possible to support your recovery. At times, your CRS may encourage you to do things for yourself that you may think the CRS should do for you. This is part of Recovery!



Lora Walker (Community Rehabilitation Specialist) helps a client understand his medical coverage.

WHAT DOES RECOVERY SUGGEST AT COMMUNITY SUPPORT SERVICES?

Recovery means different things to different people. Community Support Services defines recovery as follows:

Recovery is a continuous process that provides empowering experiences to the individual served so he/she may live a satisfying and contributing life. Staff provide psychiatric rehabilitation services necessary to promote positive change and to support the recovery goals of individuals served. It is a shared responsibility among the individual, treatment team, family, friends and community to:

- Discover or rediscover strengths and abilities
- Help define and pursue personal goals
- Provide support and feedback to identify and overcome barriers
- Develop a sense of self-identity that allows that person to grow beyond his or her diagnosis

HEALTH & WELLNESS FAIRS

In November 2009, Community Support Services celebrated the one year anniversary of the Primary Care Clinic by hosting a Health & Wellness Fair for clients of the agency!

During the event, participants were able to complete health screenings including blood pressure and blood sugar levels. Healthy snacks and bottled water were given to those who attended. Drawings were held for gift cards and a grand prize of a complete Thanksgiving Dinner for those who completed screenings.

Community Support Services is thrilled to announce the 2nd Health & Wellness Fair will be held Tuesday, May 18th from 11:30am – 1:30pm. Please plan to join the celebration of health. In addition to the large fair in May, Community Support Services will be hosting smaller fairs on a monthly basis.



Kim Hartman, RN conducts a blood sugar test for a participant in the Fall Wellness Fair.

Tentative Schedule:	April 9th Diabetes & Foot Care	May 18th Health & Wellness Fair
	June 11th Ear & Mouth Care	July 9th Foot Care
	August 6th Dental Care	September 17th Healthy Breathing (Smoking Cessation & More)

COUNSELING AT COMMUNITY SUPPORT SERVICES

Community Support Services offers individual and group counseling to explore thoughts, feelings, and behaviors with an emphasis on enhancing the quality of life. Counseling assists the individual to establish goals to provide a path toward positive change.

Living Beyond Anxiety & Depression • Anger Management • Parenting & Family Issues

**Please contact your Community Rehabilitation Specialist or one of the ITS Counselors
(Lezley May, PCC or Effie Bates, PCCS)**

Group Objectives

- Learn healthier coping and stress management skills
 - Reframing negative or distorted thoughts
- Gain support and process feelings with peers

SPEAKERS BUREAU

Community Support Services is looking for a few volunteers to join the Speaker's Bureau to educate the community about mental illnesses and recovery. We are excited about this opportunity to share your story of hope with others in the community. Training will be provided for those selected to be part of the Community Support Services' Speaker's Bureau. Contact Kim Meals (330.996.9141, ext. 392) by May 17th indicating your interest in this project.

UNDERSTANDING MEDICARE & MEDICAID

Medicare:

It is a federally supplied program tied to Social Security. Currently, has a premium of \$96.50 for part B.

Medicare only covers 80% of your medical expenses, 20% is then billed to you.

If your income is below \$903 and your resources are under \$4000 the State may pay your Medicare premium and the 20% that Medicare does not cover.

Medicare part D is the pharmaceutical coverage. There are many plans, some have premiums and some do not. Your local pharmacist may be able to assist you with choosing the best plan that covers all your prescribed medications and is the least cost to you.

Medicare part A is for hospitalization.

Medicare provides EXTRA HELP for those who are low income with their prescription gap coverage so that they do not end up responsible for the full cost of the prescription during the lapsed period.

Medicaid:

It is a state supplied program for individuals who are aged, disabled, or in their healthy families program that meet their income and resources requirements.

The current resource limit for Medicaid is \$1500; which means all banking accounts, cash values of life insurance policies, and values of any additional cars or assets need to total that amount.

Currently the income limit for Medicaid is \$589. Income higher than this amount requires a spend down. A spend down is like having a premium or deductible. You can meet your spend down by providing current medical bills or unpaid past medical expenses that have not been previously used to meet the spend down.

For individuals with SSDI benefits that have or would have a spend down the State now has a Medicaid Buy-In Program for individuals who are working even a small number of hours a month. This program may assist you in having a lower or no premium for Medicaid instead of a large spend down.

Please contact your Community Rehabilitation Specialist (Case Manager) for assistance or questions.

SCHIZOPHRENIA AWARENESS WEEK

Schizophrenia Awareness Week is an international program to raise community awareness of schizophrenia and psychotic illness. Community Support Services is proud to partner with BeST Center at NEOUCOM in this campaign. The celebration will be held May 16th – May 22nd!

Schizophrenia Awareness Week honors the work of Dr. Philippe Pinel, a leader in early efforts to provide human care and treatment to persons with mental illnesses.

Schizophrenia Awareness Week – Activities

Tuesday, May 18th – Health & Wellness Fair @ Community Support Services

Wednesday, May 19th – NAMI Annual Spring Banquet and Silent Auction

Thursday, May 20th – Dr. Shirley Glynn Presentation -- a national expert on family psychoeducation

As part of Schizophrenia Awareness Week, we hope to break down the stigma of living with mental illnesses through community education. If you are interested in sharing your story with others, please contact Kim Meals (330.996.9141 ext. 392).



150 Cross St., Akron, Ohio 44311

ADM BOARD Alcohol, Drug Addiction & Mental Health Services Board

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**Don't Forget to Vote
on May 4th!**

**Support the Library,
Vote Yes on Issue 16!**

MISSION STATEMENT

Community Support Services, Inc. is a leader in behavioral healthcare for Summit County and the surrounding region. The agency provides comprehensive, high quality, cost effective treatment, rehabilitation, advocacy and support for recovery, primarily to persons most in need, to enhance the quality of their lives.

In order to achieve our mission, the following core values and key beliefs are paramount:

- *Treat all people with dignity, fairness and respect.*
- *Deliver effective outcomes in collaboration with individuals we serve.*
- *Provide high quality, confidential and effective service through a partnership of shared responsibility among individuals served, families, staff and the community.*
- *Recognize that staff is our most important asset.*
- *Value innovation, efficiency and flexibility as the keys to our success.*

INFORMATION

We would love to have articles, poems, information, suggestions, etc. from you, our readers.

Please e-mail them to

Recovery@cssbh.org

or mail them to

Recovery Connection,

Community Support Services, Inc.

150 Cross Street, Akron OH 44311

COMING THIS FALL

**Celebration
Recovery**

Saturday, Sept. 11th, 2010